



THE World Heart Day was observed around the world on \_\_\_\_\_ to raise awareness about heart diseases and to prevent the factors behind such diseases.

**World Heart Day was observed around the world on \_\_\_\_\_ to raise awareness about heart diseases and to prevent the factors behind such diseases.**

- A. Sept 26, 2021
- B. Sept 29, 2021**
- C. Oct 1st, 2021
- D. Oct 3rd, 2021

---

**THE World Heart Day was observed around the world on Sept 29, 2021 to raise awareness about heart diseases and to prevent the factors behind such diseases.**

The [heart plays](#) an important role in the body even though it is only about the size of one's fist. However, a little carelessness is enough to make one suffer from heart disease. If the risk factors, like smoking, excessive sugar consumption, unhealthy diet and stress, dominate one's life, the heart for sure is weakening constantly.